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Multidisciplinary lifestyle intervention in children and adolescents: Results of the **GRIT** (Growth, Resilience, Insights, Thrive) pilot study



Dr Hannah Mayr, Felicity Cohen, Prof Elizabeth Isenring, Dr Stijn Soenen, Dr Skye Marshall

AIM

Feasibility and effect of a **multidisciplinary lifestyle program** in sedentary children and adolescents on:

- Cardiorespiratory fitness
- Nutrient intake & diet quality
- Self-concept (beliefs about oneself)

METHODS

12-weeks, non-institutionalised **group-based**

1. HIIT running 3/week
2. 5 x workshops (healthy food & cooking)
3. 1 x psychologist session tapping & mindful eating exercise

RESULTS

- 38 commenced, 63% completed
- Trend \uparrow VO_2 peak ($p=0.06$)
- \uparrow Healthy core foods (by 6.0% of energy, $p=0.02$)
- \uparrow Self-concept total (by 2.8, $p=0.02$) & **physical appearance and attributes** (by 6.0, $p=0.02$)

GRIT completers improved self-concept and intake of healthy core foods.

Feedback can be utilised to increase retention in future trials.